

EAP MATTERS

AN ATTITUDE OF GRATITUDE

*"BE IN A STATE OF GRATITUDE FOR ALL THAT SHOWS UP IN YOUR LIFE.
BE THANKFUL FOR THE STORMS AS WELL AS SMOOTH SAILING". - ANONYMOUS*

What is Gratitude? Gratitude is an emotion expressing appreciation for what you have in your life. The opposite is to focus on what one perceives is lacking. According to Psychology Today, studies show that gratitude can be deliberately cultivated and can increase levels of well-being and happiness among those who practice it. In addition, grateful thinking—and especially expression of it to others—is associated with increased levels of energy, optimism, empathy, and improved relationships.

Below are some things to be grateful for that many Americans take for granted. It can be humbling and powerful to ponder these reasons for thankfulness.

☀ ***Waking up alive.***

Many, around the world, are lucky to make it to age 10, let alone 100.

☀ ***Decent air to breathe.***

The air is so polluted and foul smelling in parts of the world that some people die from respiratory ailments just from breathing.

☀ ***A new day to learn and earn a livelihood.***

Many people have no jobs and will never have a chance to earn a basic education.

☀ ***A safe, comfortable home.***

Twenty-five percent of the people in the world do not have electricity. Many live in fear of a brutal government and terrorist attacks. Almost 1/6 of the world's population live in slums.

☀ ***Ample, clean food and the option to buy and eat as much as we want.***

Imagine waiting 2 – 6 hours in line to buy a loaf of bread or eggs or eating the exact same meal day after day.

☀ ***Clean water.***

One in eight people in the world do not have access to clean water.

☀ ***Friends, families, pets.***

We spend more money on the food and vet bills for our pets than many people in poor countries earn in one to three years.

☀ ***Living in a democratic society.***

We are free and safe to say what we think.



How to practice gratitude?

- Make a gratitude list. Read it daily. Add to it whenever you find something else to be grateful for.
- When you find yourself in a "bad" situation, ask yourself: "What can I learn from this?" and "What good could come out of this?"
- As you move through your busy day, pause and take a few minutes to notice the things around you that you are grateful for (e.g.) the sunshine, a good piece of fruit, a comfortable chair, the warmth of your morning tea or coffee, your child's laughter, your hands, your legs, your health, etc.
- Text or write a thank you note on a regular basis to family or friends telling them your appreciation for something they did or said or just for who they are.

We, at Alegent Creighton Health Employee Assistance Program, are here to help you with any personal or workplace issues. Call 402-398-5566 or 800-847-4975 for an appointment.